

# Action for Carers Surrey – Surrey Young Carers

## *Moving on to secondary school*

### Year 6 Transition Pack





# What's this pack all about?

As a young carer helping to look after someone in your family, you may have some extra questions and concerns as you move up to secondary school.

This booklet has information and advice we hope will help you. And don't forget, you can get in touch with the team at Surrey Young Carers at any time – see the last page for contacts.

Wishing you all the best as you start your new school!

## About me

*My name* .....

*My secondary school*.....

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## 1. What should I say to school about being a young carer?

*Why is it important that my school knows I'm a carer?*

### Chat with your family

Talk with your family and decide what info you want to share with school.

Make sure your school understands any special arrangements they need to make to help you and your family.

### Why *should* I tell school?

- If you don't tell anyone, then you may not get the right support you need as a young carer.
- They may be able make allowances for you, e.g. let you keep your phone on you to check on the person you care for.
- Teachers will be more understanding towards your situation.
- The school can keep a list of how many young carers they have.



## 2. Who can I go to for help and support?

If you are worried or upset about something, or have a problem, asking for help is the right thing to do. If you don't get the help you need, then keep on asking!

- You can speak to the school's Young Carer Lead.
- Tell your Form Tutor, and they can advise on who to speak to.
- If you don't have a Young Carer Lead, ask your teacher who is the home school link worker at the school.

*Who can I speak to if I am a young carer?*

### Here's a list of people you could speak to:

- Young Carer Lead
- Form Tutor
- Head of Year
- Subject teacher
- Lunch supervisor
- School office staff
- Pastoral staff
- School counsellor
- Peer mentors
- SENCO (special educational needs coordinator)

### Support outside school:

- Parents and grandparents
- Brothers and sisters
- Family relations and friends
- Your friends
- Youth club worker
- Doctor
- On line support groups and information sites (see 'useful websites and apps')



### 3. How can my school help me?

*How can my new school support me?*

There are things schools can do to make sure they support their young carers as well as they can.

- Through taking part in the Angel Award, they can become a 'Carer-Friendly' school. This means they raise awareness about young carers in school and teach PSHE lessons about understanding who young carers are.
- They may already run a young carers group or may wish to set up a young carers group. Young carer groups bring young carers your age together to chat, have fun, play games and offer support.
- Schools can provide you with someone to talk to if things are quite difficult at home.



### 4. How will I manage with my caring role?

If teachers know about your caring role they will be more understanding. If you are feeling overwhelmed, remember to tell them, or the young carer lead.

Speak to someone from Surrey Young Carers and see how they can help with your caring role. If you'd like, they can also speak to school on your behalf.

Your school can put you in touch with a school counsellor to speak about your worries.

Talk to your parents/carers about your worries and see how they can help with your caring responsibilities.

*What if I can't cope with school work and caring responsibilities?*

#### **What about bullying?**

- If you feel like someone is bullying you, then tell your form tutor.
- You can tell the young carer lead if there is one.
- Don't keep it to yourself and talk to someone who can help.

## 5. How can I get ready for my new school?

The more you know about something new, the better prepared you feel! And it's true for school! Why not take a look at your new school's website and see what you can find out

My new secondary school is .....

The school website address is .....

### Online 'School Scavenger Hunt'!

*How much of the following information can you find on your new school's website?*

1. What is your new head teacher's name? .....
2. What time does registration start? .....
3. How long do you have for lunch? .....
4. Find three different clubs you can join.....
5. What is the date of the first day back for Autumn Term? .....
6. Does your new school have a young carers' policy? If so, does it have the name of the young carer lead in school?.....
7. Can you find the section of the website that gives school news? .....
8. Does your new school have a 'house' system? If yes, what are the names of the different houses?.....



**More than 6?** Great job... you are already getting to know lots about your new school!

**Don't forget to have a think about your first day!**  
Check out the journey before day 1! Make sure you know the way to school, how long it will take and which friends you might go with. Have a test run of the journey, your uniform and lunch box!

## 6. Activity – my ‘Coat of Arms’

This activity helps you think about what’s important to you, and how you feel about yourself.

On the next pages is a blank ‘Coat of Arms’.

Each section can represent a different part of you!

- Your caring role / your family / home life / pets
- Your hopes for the future / goals / ambitions / dreams
- Your favourite things: hobbies, interests, book, TV shows, films, food, school subjects etc.
- Something you are proud of: achievements, skills, special talents, sport, school or games etc.

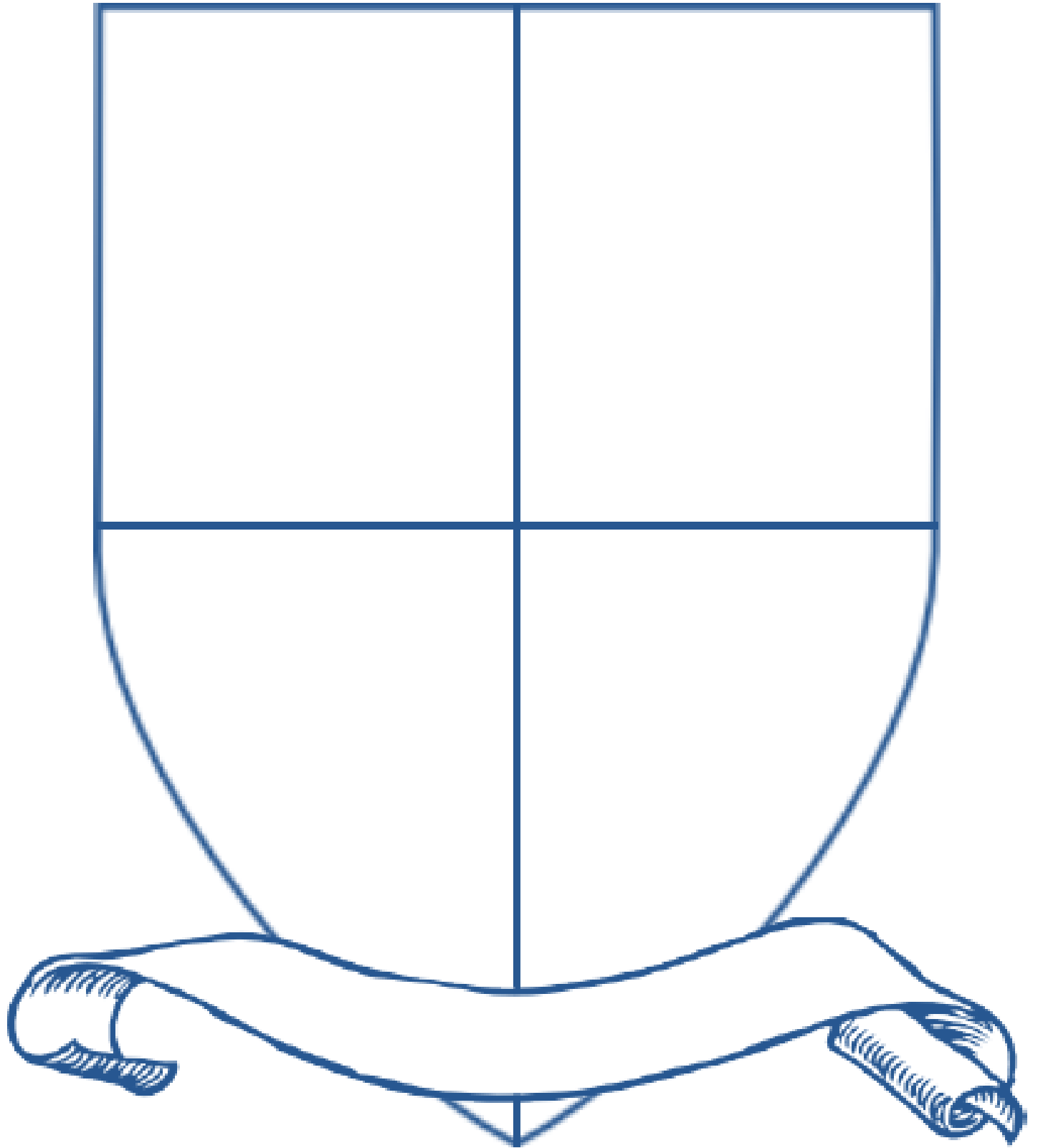
You don’t have to draw pictures if you don’t want to; use symbols instead. You could even use pictures from old magazines and newspapers and create a collage. It’s up to you – get creative!

Use the blank ‘coat of arms’ on the next page if you like, or try it digitally, or on a big bit of paper. You choose.

***We would love to see your finished designs! So do take a picture and email it to us at [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk)***







## 7. Useful websites and apps

### Action for Carers

[www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)

Lots of information about young carers, support and resources.

### BBC Bitesize

[www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1](http://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1)

Short videos about all aspects of secondary school life; friends, getting lost, classwork, a day in the life etc.

### CBBC

[www.bbc.co.uk/cbbc/joinin/surviving-a-new-school](http://www.bbc.co.uk/cbbc/joinin/surviving-a-new-school)

Useful top tips for starting secondary school

### Kidscape

[www.kidscape.org.uk/advice/advice-for-parents-and-carers/starting-school](http://www.kidscape.org.uk/advice/advice-for-parents-and-carers/starting-school)

Advice for parents on how to support children as they start secondary.

### Kooth Online and App

[www.kooth.com](http://www.kooth.com)

Kooth is a safe, confidential and anonymous mental health and emotional well-being platform for children and young people, accessible through any connected device.

### CYP Haven

[www.cyphaven.net](http://www.cyphaven.net)

The CYP Haven is a safe space for children and young people aged 10-18 where you can talk about worries and mental health in a confidential, friendly and supportive environment.

### Childline

[www.childline.org.uk/info-advice/school-college-and-work/school-college/moving-schools/](http://www.childline.org.uk/info-advice/school-college-and-work/school-college/moving-schools/)  
Advice about going to secondary school

### Young Minds

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transitions-activity-for-year-6-pupils/>

Young minds has lots of information and activities to help you through the next few weeks and moving on to secondary school

### Surrey Family Information Service

[www.surreycc.gov.uk/people-and-community/family-information-service](http://www.surreycc.gov.uk/people-and-community/family-information-service)

General advice and information

### Bullying UK

[www.bullying.co.uk](http://www.bullying.co.uk)



## 8. SYC Team – talk to us!

We encourage schools to be ‘carer-friendly’ – including working with them to help get our ‘Angel Award’. This is a scheme where schools must achieve eight standards to prove their support of young carers. (More on our website.)

Our teams can link with schools and talk to them on your behalf if you would like them to.

You can get touch with the Surrey Young Carers team by calling 0303 040 1234 Option 3 or email [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk). Also visit [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk) for more information.

**We're here to help carers of all ages, across Surrey, with free information, support, events, advice and more.**

**Please get in touch to find out more about how we can support you.**

**Surrey Young Carers, part of Action for Carers Surrey**

Call on **01483 568269** or email **[syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk)**

**[www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)**



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